

# Wushu 18 kicks

The term "**Wushu 18 kicks**" generally refers to a classical list of foundational kicks in traditional Chinese martial arts (specifically Choujiao/Chuojiao or some traditional Shaolin lists), not to be confused with the "8 basic kicks" taught in modern sport Wushu.

Here are the **18 basic kicks** as found in traditional sources<sup>[1]</sup>:

1. Zheng ti tui – Straight swinging kick
2. Li he tui – Inside crescent kick
3. Bai lian tui – Outside crescent kick
4. Ce ti tui – Side swinging kick
5. Tan tui – Spring (flick) kick
6. Deng tui – Heel kick
7. Ce chuai tui (or ti) – Side thrust kick
8. Zhuang ti – Push kick
9. Cun ti – Inch kick
10. Cuo ti – Shovel kick
11. Shi zi tui – Cross (scissor) kick
12. Ye li cang hua tui – Hide flower under leaves kick
13. Ye li zuai lian tui – Under leaves scythe kick
14. Hua lan tui – Straight back kick/Flower basket handle kick
15. Jiu fan, Yuan Yang tui – Nine flip (or Mandarin Duck) kick
16. Sao tang (qian/hou) – Sweeping the hall (front & back)
17. Juezi tui – Donkey kick
18. Hou bai lian tui – Back outside crescent/spinning back heel kick

These kicks, while perhaps varying slightly in name or emphasis depending on the style, form the traditional foundation for leg techniques in some forms of Kung Fu<sup>[1]</sup>.

**Clarification:**

- In modern sport Wushu, the curriculum usually emphasizes 8 (not 18) basic kicks (such as front kick, side kick, inside/outside crescent, slap kick, etc.), which are simpler and standardized for performance and competition<sup>[2]</sup>.
- The "18 kicks" and "18 hands" (as in Luohan's 18 hands) are *not the same*: the "18 hands" are a set of striking/deflecting techniques and not limited to kicks<sup>[3]</sup>.

If you are searching for a specific style's version of the 18 kicks, or looking for the modern Wushu competitive curriculum, let me know for more tailored information.

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1. <https://www.chuojiaofanzi.org/january-2012-30-day-challenge/list-of-18-basic-kicks>
2. <https://www.youtube.com/watch?v=rZTHWsXhrUM>
3. <https://en.wikipedia.org/wiki/Luohanquan>